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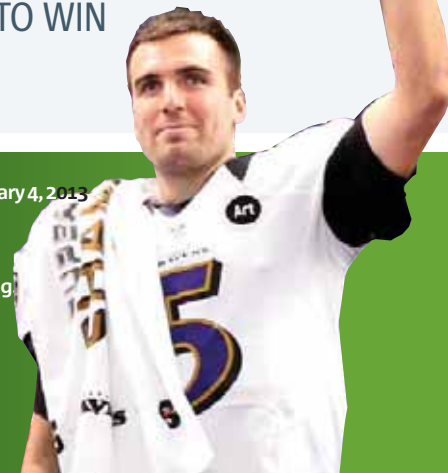
With the penny phase-out starting today, artists are getting creative in trying to preserve the coin

PAGE 8

RAVENS RULE

BALTIMORE FENDS OFF A LATE SAN FRANCISCO SURGE TO WIN THE SUPER BOWL

PAGE 17



HALIFAX

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Monday, February 4, 2013



News worth sharing

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Gotta love that winter weather



From left: Emma McKelvie, Nicole Roda and Emily Porskamp share a toboggan ride down Citadel Hill on Sunday afternoon, before the weather changed over to rain. More storm coverage, page 3. JEFF HARPER/METRO

Stupid groundhog.

Day after Shubenacadie Sam's bad forecast, storm system prompts snowfall, freezing-rain warnings in Halifax

Quoted

"This is the main event for the next few days. After this, it should be a little quieter."

Environment Canada meteorologist Jean-Marc Couturier

A change in air currents is expected to help soften the blow from a healthy dose of winter weather in Halifax — sort of.

Environment Canada ended a snowfall warning for the Halifax area at 4 p.m. Sunday, replacing it with a freezing-rain warning.

Up to 40 centimetres had been expected by the time the snow ends Monday afternoon, but meteorologist Jean-Marc Couturier said warm air "wrapped around" the offshore system on Sunday, bringing more rain than expected.

"So it's a different type of scenario and we've made the adjustment as the situation evolved," he said.

The forecast called for freezing rain Sunday night, changing back to snow for Monday morning. All told, about 20 cm of snow is possible.

The temperature was also expected to fall overnight, and Couturier said that will create treacherous conditions for the Monday commute.

"We're not expecting the temperature to drop to well

below freezing until later on (Monday) morning and afternoon," he said. "But it will drop below zero, so that will create some more icing problems."

Halifax police dealt with a few dozen calls for motor-vehicle accidents on Sunday, including one that ended with a truck on a frozen lake.

Halifax RCMP Const. Tammy Lobb said the accident was reported around 12:25 p.m.

"A Ford pickup truck traveling outbound on the Waverley Road ... lost control and left the road, going onto Lake William."

Firefighters and paramedics responded to the scene, but the truck didn't break the ice and the driver wasn't seriously hurt.

Halifax Regional Police responded to 16 motor accidents, none of which involved serious injuries.

With more uncertain weather in store, Lobb urged morning commuters to plan for the conditions.

"Leave yourself lots of time to get to work or school or wherever you need to be," she said. RUTH DAVENPORT/METRO

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Weather. Loving the flurries

We asked Metro Halifax readers on Sunday how they were spending the snow day. Here is a selection of responses.

VIA FACEBOOK:

Kimberly Lapiere: "Playing with the dogs outside. Our Siberian Husky loves this weather, and the other 3 seem to enjoy it too!"

Darlene Burbidge: "Getting ready to take my 2 year old outside to be pulled in her sled by our dog."

Leigh Anne Kenney-Lawson: "Chilling with a double-double at Tim's and enjoying the beauty of the storm."

Daniel Barg: "Cross country skiing on the Macdonald bridge!"

Deborah Green: "It's a great day to snuggle by the fire with a good book."

VIA TWITTER

@ScotianDeb: "Studying, eating Ringolos, and hoping that one of my neighbors I hear out there with a snow blower swings over my driveway."

@KimbooSlicey: "Going to the library to study my buns off. Times like these, I wish I was a kid again. #snowball-fights #sledding #snowdays."

@jennie538: "Praying I make it home from work in one piece after supporting my worldwide customers."

@LShort21: "Drinking, sledding, 6 foot subbing, gambling, superbowl. Very likely in that order."



Shubenacadie Sam ventures from his burrow to spot his shadow in Shubenacadie on Saturday.

ANDREW VAUGHAN/THE CANADIAN PRESS



Esming Permejojr heads down Citadel Hill head first on Sunday afternoon. Lots of people were out enjoying the early February storm on Sunday. JEFF HARPER/METRO

Haligonians say bring on the snow

Shubenacadie Sam.

Winter fans welcome groundhog prediction of six more weeks of snow



HALEY
RYAN

haley.ryan@metronews.ca

A day after Shubenacadie Sam saw his shadow, many people were out enjoying the winter weather on Sunday by sledding and building snowmen.

The famous groundhog predicted six more weeks of winter on Saturday in Shuben-

Quote

"We love anything in the snow."

Melanie Goodday, 33

cadie, causing a mixture of cheers and groans from Haligonians.

"We're huge winter fans," said Melanie Goodday, 33, as she built a snowman at Citadel Hill on Sunday afternoon.

"I like that people just enjoy winter," added friend Leonardo Farran, 32, who is from Argentina and has lived in Halifax for five years.

"I love the snow, as you can see. As a real Canadian I

should hate it, right?"

Goodday said the groundhog prediction is a "fun tradition" and hopes this year doesn't match the unusually warm March of 2012.

"It's a little bit concerning, all the odd weather," Goodday said.

Emma McKelvie, Emily Porskamp and Nicole Roda also built a snowman after tobogganing down Citadel Hill Sunday.

Although Roda, 25, said she doesn't put much faith in the groundhog, she said she'd "rather have winter anyway."

"It's cold, it might as well stay cold for a few months. I like snow much better than cold rain," she said.

One thing all are in agreement on — this winter will stick around longer than last year's.

"Last winter I don't remember a day where it snowed and it stayed more than a day," said Porskamp, 25. "Usually it would rain right after."

"This winter has been so different.... It's been white for a while."

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1 NEWS

Cape Breton. Man accused of killing two women

Police in Cape Breton have charged a man with murdering two young women in separate cases that span six years.

Thomas Ted Barrett of Glace Bay has been charged with two counts of second-degree murder in the deaths of Laura Catherine Jessome and Brett Elizabeth MacKinnon. Both

women were 21 years old.

MacKinnon was last seen in early June 2006 and was reported missing on July 13th of that year. On Nov. 21, 2008, local residents found her remains near a hiking trail on the outskirts of Glace Bay.

Jessome was last seen on May 2, 2012, in the New Aberdeen area of Glace Bay. Her remains were discovered on May 25 in a hockey bag floating on the Mira River near Marion Bridge.

Cape Breton Regional Police say the 37-year-old accused was already in custody in Halifax when he was charged Thursday.

Four other men have also been charged in the cases.

THE CANADIAN PRESS



Thomas Ted Barrett
THE CANADIAN PRESS

Police interview

Assault charges

Halifax police have also charged Thomas Ted Barrett with assaulting a police officer, uttering death threats and two counts of property damage after an incident on Thursday.

Police say the charges were laid after a man was

being interviewed at Halifax police headquarters by an investigator from an outside police agency when he attempted to damage video-surveillance equipment with a chair.

Police allege the suspect also damaged a computer by dousing it with water and threatened to kill the officer and spat at him.

THE CANADIAN PRESS

Investigation. Two purses snatched in separate incidents

Police in Halifax are investigating a pair of purse-snatching incidents that happened on Saturday.

Police say officers were called to Wentworth Street in Dartmouth around 12:15 a.m.

They say a woman stepped out of a club for a cigarette when she was approached by a hooded man believed to be in his twenties who pushed her and grabbed her purse

before fleeing the area on foot.

About half an hour later, a woman had her purse stolen by a man, who looked like he was in his thirties, while walking in the area of Church and South streets in Halifax's south end.

The victims were not injured. In both cases, police were unable to locate the suspect. THE CANADIAN PRESS

Belongings destroyed

Probe underway to determine cause of cabin fire

The Canadian Red Cross says a man lost most of his belongings in a fire at a cabin on Nova Scotia's Eastern Shore late Saturday.

The Red Cross says the fire on Malay Falls Lochaber Mines Road, 15 kilometres north of Sheet Harbour, was reported around 10 p.m. They say the cabin was gutted in the blaze.

The Red Cross says the man was not injured and has been provided emergency lodging.

Officials are working to determine the cause.

THE CANADIAN PRESS

3 people arrested

Flight from Halifax diverted to Bermuda

A flight from Halifax bound for the Dominican Republic was diverted to a Bermuda airport Friday after a disturbance on the plane.

Bermuda Police Service spokesman Robin Simmons says three passengers — a 54-year-old man, a 52-year-old woman and a 22-year-old man — were arrested after an incident on a Sunwing aircraft.

Simmons says the three were later released on bail.

He would not confirm a CBC report the incident involved smoking on the plane. THE CANADIAN PRESS



Delisle acknowledges treachery; says he's sorry

Sub-Lt. Jeffrey Paul Delisle arrives at Halifax provincial court on Friday for last day of his sentencing hearing. The Bedford resident, convicted of selling military secrets to Russia, issued an apology inside court, marking the first time he has publicly acknowledged his years of treachery and what was an emotional toll for his family. Delisle will learn his sentence on Friday. ANDREW VAUGHAN/THE CANADIAN PRESS

In business, life's a pitch

Show 'em what you got

"I'd really like to encourage and challenge all the young entrepreneurs out there — let's keep this 100k in Nova Scotia."

Gina Gale, BDC vice-president financing/consulting for Nova Scotia

Big money. Dartmouth café owner says top prize from Business Development Bank of Canada accelerated his plans by five years



RUTH DAVENPORT
ruth.davenport@metronews.ca

The Dartmouth business owner who won a \$100,000 prize for young entrepreneur

last year is urging local counterparts to toss their hat into the ring this year.

"It's \$100,000 free money," said Two If By Sea co-owner Zane Kellsall. "For a small business, it means the world."

Kellsall secured the most public votes to win the 2012 Business Development Bank of Canada (BDC) Young Entrepreneur Awards with his pitch for an in-house roastery at the TIBS location in Dartmouth.

The roastery went into operation for the first time Friday.

"Roasting was a five-year

plan for us," said Kellsall. "And now it's one year later, it's open and we're going to have coffee on the shelf."

The BDC vice-president of financing and consulting for Nova Scotia said there's value in just taking part.

"The value of participation goes beyond the monetary value of the award," said Gina Gale. "It brings the finalist ... public support and access to people and resources that are going to help their company grow."

Applicants must submit a short video outlining

the "turning point" they've reached with their company — and what they need to get to the next level.

Kellsall said merely taking part in the competition will help boost a local company's profile, and urged aspiring young owners to take a shot.

"If you have that idea in the back of your head — that 'One day it would be so nice to do this' — just apply and see," he said. "See if you win the money and then you can make it happen."

Details on the awards are online at BDC.ca

RCMP deny they ignored domestic abuse



Nicole Ryan THE CANADIAN PRESS

The RCMP in Nova Scotia are dismissing a reference in a Supreme Court of Canada decision that says they did not adequately respond to a woman's calls for help before she tried to hire a hitman to kill the husband she said was abusing her.

Nicole Ryan was arrested in 2008 when she tried to hire an undercover RCMP officer to kill Michael Ryan, who was accused in court documents of threatening to kill her and

her daughter.

The teacher from southwestern Nova Scotia was originally acquitted of counselling to commit murder in 2010, a decision upheld by the province's appeal court.

In its Jan. 18 ruling that ultimately stayed the charges, the Supreme Court also questioned the RCMP's conduct in the case, saying it was "disquieting" they mounted a sting operation to arrest Nicole Ryan

rather than respond to her husband's threats.

The commanding officer for the RCMP in Nova Scotia released a statement Friday saying officers had acted appropriately and professionally.

Assistant commissioner Alphonse MacNeil said an internal review confirmed the RCMP did not receive a "multitude" of complaints from Nicole Ryan about domestic violence. THE CANADIAN PRESS



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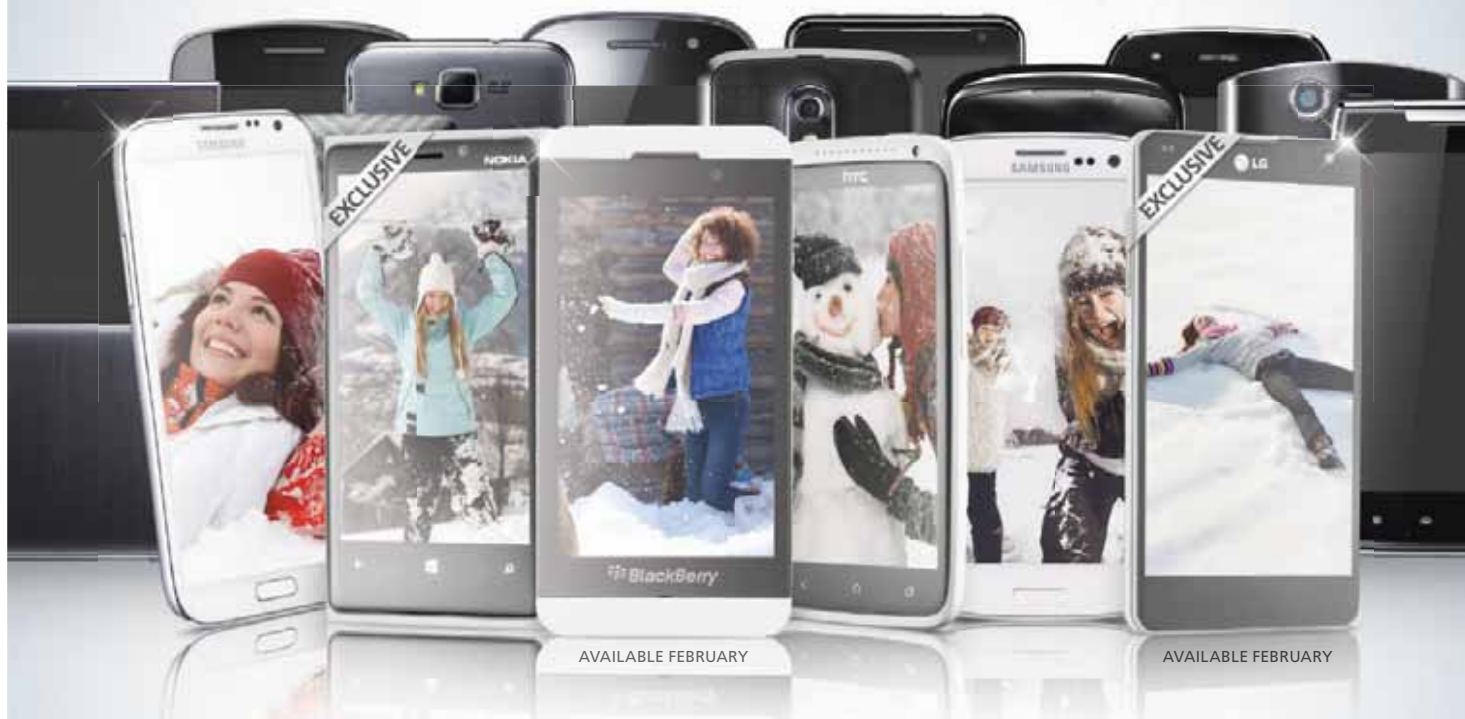
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RCMP kept a close eye on the Occupy Ottawa protest

Access-to-information request. Documents show Mounties nabbed pamphlets, monitored social media sites and counted participants

The Mounties compiled a dossier on the Occupy Ottawa movement, scouring social media sites and quizzing campus security after protesters held planning sessions at a university, newly released documents show.

Meeting notes show there were also plans to monitor the Confederation Park protest site using a camera mounted to the nearby offices of the National Capital Commission (NCC).

The camera is normally

Priorities

"The RCMP has limited resources and there are lots of threats out there. There must have been a decision ... that this was a worthwhile target."

Wesley Wark, security and intelligence expert from the University of Toronto

pointed at Ottawa's city hall, the notes say. However, the NCC says it does not operate the camera and it did not use the device to monitor the protests from its offices.

The documents show NCC staff did keep close tabs on the makeshift encampment throughout the occupation, snapping dozens of photographs and reporting on the protesters' activities.

Details about the surveillance tactics are only now coming to light, some 14 months after police ousted the Occupy Ottawa protesters from Confederation Park in late November 2011. It took the NCC until last week to provide documents in response to an access-to-information request from The Canadian Press.

Notes from a meeting held before the Ottawa occupation started show there was talk the protesters might also target Parliament Hill, the prime minister's residence at 24 Sussex Drive, the Privy Council Office and the U.S. Embassy.

An RCMP intelligence report shows the Mounties picked up Occupy pamphlets and literature after the protesters met at the University of Ottawa. They also questioned campus security about the number of people in the room. **THE CANADIAN PRESS**



Police evicted activists, part of an international protest against income disparity, from Confederation Park in November 2011. PATRICK DOYLE/THE CANADIAN PRESS FILE

Landslide investigation begins



Provincial police have begun some analysis on the site and in the pit.

GRAHAM HUGHES/THE CANADIAN PRESS

Quebec's provincial police and workplace safety board have launched an investigation into a deadly landslide at a quarry near Montreal.

Officers will try to determine the circumstances of the accident now that the recovery effort is over, said police spokesman Gregory Gomez on Sunday.

The bodies of two missing workers — a woman and a man — were pulled from the rubble on Saturday, four days after a landslide at the gravel quarry in L'Epiphanie.

Police will examine whether the company operating the quarry, Maskimo Construction Inc., followed the appropriate safety protocols, Gomez said in an interview.

"We're going to try to determine ... if there is criminal wrongdoing," he said.

Maskimo Construction has come under scrutiny before. The company was fined in 2008 after failing to follow safety protocols when a worker was run over by a truck a year earlier.

When survivor Benoit Robert spoke with reporters

Background

Rescue efforts were once put on hold due to weather and fears of another slide.

- **Male victim.** Identified as 54-year-old Daniel Brisebois.
- **Female victim.** Identity not yet confirmed.
- **Survivor.** Benoit Robert, rescued by a police helicopter on Tuesday within hours of the collapse.

last week, he said he didn't blame his employer and described them as responsible.

Jacques Nadeau, spokesman for Quebec's workplace safety board, said the investigation would include interviewing workers at the site and geological experts.

"We'll have to look at the history behind the company, but every accident is unique," he said, adding that the investigation would take about six months. **THE CANADIAN PRESS**

Victoria, B.C. Trip to the Super Bowl goes to pot

A decades-old pot-possession charge cost a Victoria man the trip of a lifetime.

Myles Wilkinson beat nearly four million contestants to win a trip to the Super Bowl in New Orleans, but his victory went up in smoke when Toronto airport border guards blocked him from crossing this week due to a 32-year-old charge for less than two grams of cannabis.

At the time, a teenaged Wilkinson paid a \$50 fine.

This is an "all too common" story, said Dana Larsen, director of the Sensible B.C. cam-

paign to hold a referendum on decriminalizing cannabis.

"Any kind of possession conviction means a lifetime ban on crossing the U.S. border," Larsen said, adding that someone charged but not convicted can still be refused entry to the States.

Wilkinson plans to join the Sensible B.C. campaign.

Bud Light Canada, the sponsor of the all-expenses-paid contest trip, invited Wilkinson to its Super Bowl party at the Commodore in Vancouver as a consolation prize.

EMILY JACKSON/METRO IN VANCOUVER

London

Man Tasered outside royal palace

Police used a stun gun to arrest a man armed with knives outside Buckingham Palace on Sunday, as throngs of tourists gathered to watch the Changing of the Guard ceremony there.

Scotland Yard said the man was spotted carrying

two knives outside the central gate of the London tourist landmark. He did not threaten other people at the scene, but acted aggressively when challenged by police.

A video posted to YouTube showed the man putting a kitchen knife to his neck and shouting. He took several swipes at a policeman, who fired the stun gun. **THE ASSOCIATED PRESS**

Gun control. Chicago at the centre of U.S. debate over firearm violence

They are counting the dead from gunfire again in Chicago, a city awash in weapons despite having one of the strictest gun-control ordinances in the U.S.

After a year in which Chicago's death toll surpassed 500, the bloodshed has continued in 2013 at a rate of more than one killing a day.

Now with this week's death of a 15-year-old drum major-ette who had just returned from performing at President Barack Obama's inauguration, the mounting losses have put Obama's hometown at the centre of the intensifying national debate over guns.

The slayings are no longer dismissed as an only-in-Chicago story about violent street gangs. They are almost a Sandy Hook Elementary School attack unfolding in slow motion: an honour student gunned down at a high school basketball game, two men in their 40s killed outside



Hadiya Pendleton, who was shot and killed Tuesday in a Chicago park as she talked with friends by a gunman who apparently was not even aiming at her.

DAMON STEWART/THE ASSOCIATED PRESS FILE

a hamburger stand, a woman whose bullet-riddled body was found in a van.

Both gun-rights and gun-control advocates are seizing on the city's woes — one side to push for greater access to guns for self-defence, the other to seek greater restrictions on gun sales.

THE ASSOCIATED PRESS

Background checks. NRA executive sticks to his guns despite poll results

The National Rifle Association's executive vice-president continued to oppose background checks for all gun purchases despite polls indicating that most members of the influential gun rights lobbying group don't share his position.

The NRA's Wayne LaPierre said on Fox News Sunday that background checks for all gun purchases would lead to a national registry of gun owners. Critics say such a registry could lead to taxes on guns or to confiscation.

Mark Kelly, a gun owner and husband of Gabrielle Giffords, the former Arizona congresswoman who sur-

vived a 2011 mass shooting, asked LaPierre to listen to his members. He said the current system prevented 1.7 million gun purchases since 1999. However, those potential buyers had other options because many gun sales don't require a background check.

LaPierre was pressed about his contention that gun checks would lead to a national registry, when no one from the Obama administration is calling for that.

"And Obamacare wasn't a tax until they needed it to be a tax," LaPierre said, referring to the president's health care overhaul.

THE ASSOCIATED PRESS



Former Navy SEAL and author of the book *American Sniper*, Chris Kyle poses in Midlothian, Texas, in this April 2012 photo. Kyle was fatally shot on a gun range Saturday. THE FORT WORTH STAR-TELEGRAM, PAUL MOSELEY/THE ASSOCIATED PRESS

Iraq war vet held in former sniper's killing

Bestselling author. Hunting guide came across bodies of ace sniper Chris Kyle and a friend on a shooting range Saturday

A 25-year-old Iraq war veteran charged with murdering former Navy SEAL and *American Sniper* author Chris Kyle and his friend allegedly turned his gun onto the pair while they were at a Texas shooting range, authorities

said Sunday.

Eddie Ray Routh, of Lancaster, was arraigned early Sunday on two counts of capital murder in the deaths of Kyle, 38, and Chad Littlefield, 35, at the shooting range about 80 kilometres south-west of Fort Worth.

Capt. Jason Upshaw with the Erath County Sheriff's Office said Routh allegedly used a semi-automatic handgun, which authorities are said to have later found at his home.

The U.S. military confirmed Sunday that Routh was a corporal in the Marines from June 2006 to January

2010. He was deployed to Iraq in 2007 and Haiti in 2010.

After the shootings, Routh allegedly left the shooting range in Kyle's black pickup truck, Bryant said, first going to his sister's home in Midlothian, where he allegedly told her and her husband what he had done.

The couple called local police.

Police arrested Routh at his home in Lancaster, about 27 kilometres southeast of Dallas, after a brief pursuit and took him to the Lancaster Police Department.

THE ASSOCIATED PRESS

Chris Kyle

- The decorated veteran wrote the bestselling book *American Sniper: The Autobiography of the Most Lethal Sniper in U.S. Military History*, detailing his 150-plus kills of insurgents from 1999 to 2009.

- In his book, Kyle said that Iraqi insurgents had put a bounty on his head. Kyle deployed to Iraq four times.

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Artists getting imaginative to keep penny in your thoughts

Currency. Phase-out period kicks off today for one-cent coin

The country's one-cent piece may be on the verge of extinction, but for creative Canadians seeking ways to make the most of the soon-to-be-obsolete coin, the penny has already dropped.

Humble pennies will still be in demand for artistic endeavours or cultural projects long after the smallest form of currency has disappeared from Canadian tills.

That phase-out begins Monday when the Royal Canadian Mint officially stops distributing one-cent coins to Canada's financial institutions.

The move comes nearly a year after Finance Minister Jim Flaherty announced the demise of the coin, as its production cost had come to exceed its monetary value.

For some artists, however, the penny remains an item of considerable worth.

Renee Gruszecki, a Halifax-based academic and archivist, has spent the past year making a living through a jewelry



Renee Gruszecki displays jewelry she designs from coins at her studio, Coin Coin Designs and Co., in Halifax on Saturday. Many of Gruszecki's personalized creations feature the Canadian one-cent coin, which has been phased out by the federal government in a cost-saving move. ANDREW VAUGHAN/THE CANADIAN PRESS

business devoted primarily to preserving the country's stray cents.

About 30,000 strategically sorted pennies fill Gruszecki's home and eventually find their

way into the accessories produced at Coin Coin Designs and Co.

Gruszecki, a longtime collector of lucky pennies, believes her pieces will help pre-

serve a symbol that doubles as both an object of superstition and a Canadian icon.

"The Maple Leaf is synonymous with everything Canadian. We all identify with it,"

she said. "Now it's just no longer going to be present among us, so I'm saddened by that."

The Bank of Canada's Currency Museum has already taken one step toward preserv-

Transactions

Retailers will be among the first to start phasing out the coin, and Canadians will see the effects almost immediately.

- The federal government has issued guidelines urging store owners to start rounding prices to the nearest nickel for cash transactions. Electronic purchases will still be billed to the nearest cent.
- It may take months for the penny to completely disappear from circulation.

ing the penny a little longer in the minds of Canadians.

A mural consisting of nearly 16,000 one-cent pieces has been assembled at the museum to commemorate the coin's history, said assistant curator Raewyn Passmore.

The mosaic, which depicts a giant penny measuring about two square metres, is composed of coins ranging from the lustrous to the tarnished.

THE CANADIAN PRESS

Minister hints Israel was behind airstrike on Syria

Israel's defence minister strongly signalled Sunday that his country was behind an airstrike in Syria last week, telling a high-profile security conference that Israeli threats to take pre-emptive action against its enemies are not empty. "We mean it," Ehud Barak declared.

Israel has not officially confirmed its planes attacked a site near Damascus, targeting ground-to-air missiles apparently heading for Lebanon, but its intentions have been beyond dispute. During the 22 months of civil war in Syria, Israeli leaders have repeatedly expressed concern that high-end weapons could fall into the hands of enemy Hezbollah, the powerful Lebanese militants.

For years, Israel has been charging that Syrian President Bashar Assad and Iran have been arming Hezbollah, which fought a month-long war against Israel in 2006.



Ehud Barak THE ASSOCIATED PRESS

U.S. officials say the target was a convoy of sophisticated Russian SA-17 anti-aircraft missiles. Deployed in Lebanon, they could have limited Israel's ability to gather

intelligence on its enemies from the air.

Over the weekend, Syrian TV broadcast video of the Wednesday attack site for the first time, showing destroyed vehicles and a damaged building identified as a scientific research centre. The U.S. officials said the airstrike hit both the building and the convoy.

In his comments Sunday in Munich, Barak came close to confirming that his country was behind the airstrike.

"I cannot add anything to what you have read in the newspapers about what happened in Syria several days ago," Barak said.

Then he went on to say, "I keep telling frankly that we said — and that's proof when we said something we mean it — we say that we don't think it should be allowed to bring advanced weapons systems into Lebanon."

THE ASSOCIATED PRESS



LGBT Indians step out

Members and supporters of the gay, lesbian, bisexual and transgender community ride a cycle rickshaw as they participate in the gay-pride parade in Hyderabad, India, Sunday. The parade was held to spread awareness about the harassment, violence and discrimination faced by the community and to demand that its members be allowed to lead lives of dignity in India's deeply conservative society.

MAHESH KUMAR A./THE ASSOCIATED PRESS

Saudi Arabia

Anger grows after girl's fatal beating

Online activists in Saudi Arabia are calling for harsher punishments for child abuse after reports that a prominent cleric received only a light sentence after confessing to the beating death of his five-year-old daughter.

Saudi media say Fayhan al-Ghamdi was freed last week after serving a short prison term and agreeing to pay \$50,000 US in "blood money" to avoid a possible death sentence. The reports said he questioned the child's virginity.

THE ASSOCIATED PRESS

England

Malala continues making progress

Malala Yousufzai, the 15-year-old Pakistani schoolgirl who was shot in the head by the Taliban, is in stable condition after undergoing two successful operations to reconstruct her skull and restore her hearing, the British hospital treating her said Sunday.

THE ASSOCIATED PRESS

Twitter hacking may affect 250K accounts

Cyberspying.

Company has not said whether China is behind security breach

Twitter is among the latest U.S. companies to report that it is part of a growing list of victims of Internet security attacks, saying that hackers may have gained access to information on 250,000 of its more than 200 million active users. And now, The Washington Post is joining the chorus, revealing the discovery of a sophisticated cyber-attack in 2011.

Twitter said in a blog post on Friday it detected attempts to gain access to its user data earlier in the week. It shut down one attack moments after it was detected.

But Twitter discovered that the attackers may have stolen user names, email addresses and encrypted passwords belonging to 250,000 users they describe as "a very small per-

Quoted

The attack "was not the work of amateurs, and we do not believe it was an isolated incident."

Bob Lord, Twitter's director of information security, in a blog post.

centage of our users." The company reset the pilfered passwords and sent emails advising the affected users.

The Twitter attack comes on the heels of recent hacks into the computer systems of U.S. companies, including The New York Times and The Wall Street Journal. Both newspapers reported last week that their computer systems had been infiltrated by China-based hackers, likely to monitor media coverage the Chinese government deems important.

On Friday, The Washington Post disclosed that it was also the target of a sophisticated cyberattack, which was discovered in 2011 and was first reported by an independent



In this 2010 file photo, Twitter's then-CEO Evan Williams makes a presentation about changes to the microblogging service at the company's San Francisco headquarters. Twitter says hackers may have gained access to information on 250,000 of its more than 200 million active users. THE ASSOCIATED PRESS FILE

cybersecurity blog.

Twitter didn't provide any clues as to whether it believes that China was behind its hack. However, the blog

post by the company's director of information security, Bob Lord, made clear that the hackers knew what they were doing. THE ASSOCIATED PRESS

Free vs. fee. Is streaming music worth paying for? Canadians don't think so

A slew of streaming music services have come to Canada, and more are likely on the way, but while tech-savvy consumers seem to enjoy listening to music online, relatively few want to pay.

There are more than a dozen competitors to choose from in Canada, including free radio-style options such as CBC Music and Songza, and fee-based a la carte listening platforms with millions of songs to access, such as Deezer, HMV's The Vault, Rara and Rdio.

A recently released report by the Media Technology Monitor suggests listening to music online is catching on with large numbers of Canadians. About 59 per cent of anglophones and 46 per cent of francophones said they listen to streaming audio, with YouTube being the most commonly cited source for seeking out tunes.

Another recent report, this one released by the Department of Canadian Heritage, also suggested many Canadians are interested in streaming — but most want it to be free.

About one in three poll respondents said they were very

New model of music

- Rdio CEO Drew Lerner says the battle the entire music-streaming industry faces is in convincing the public that \$5 or \$10 a month is a bargain to gain access to a huge, growing catalogue of songs — and that it's a much better deal than the old way of paying to own individual albums or tracks.

- Last week Rdio announced it was offering up to six months of free streaming in Canada in a bid to hook music fans on the service and then convert them into paying subscribers. Users who binge on music will find the free offer expires before six months is through.

or somewhat likely to subscribe to a free online music service, while just 17 per cent said they would likely pay a monthly fee for a subscription-based service.

THE CANADIAN PRESS

Etch A Sketch creator dies, age 86

Andre Cassagnes, the inventor of the Etch A Sketch toy that generations of children drew on, shook up and started over, has died in France, the toy's maker said.

Cassagnes died Jan. 16 in a Paris suburb at age 86, said the Ohio Art Co., based in Bryan in northwest Ohio. The cause wasn't disclosed. "(Andre's) invention brought joy to so many over such a long period of time," said Larry Killgallon, president of Ohio Art.

Then an electrical technician, Cassagnes came upon the Etch A Sketch idea in the late 1950s when he peeled a translucent decal from a light-

switch plate and found pencil-mark images transferred to the opposite face, the Toy Industry Association said.

Ohio Art saw his idea at the Nuremberg Toy Fair in 1959. The toy, with its grey screen, red frame and two white knobs that are twisted back and forth to create drawings, was launched



in 1960 and became the top seller that holiday season. More than 100 million have sold worldwide since.

Though passed over in popularity for video games and gadgets, the toy has a steady market, the company has said. It got a big jump in sales after it was featured in the first two Toy Story movies.

THE ASSOCIATED PRESS



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THE friends of CANADIAN MUSEUM FOR HUMAN RIGHTS

Madoff case

Shares belong to victims: Trustee

Jailed Wall Street fraudster Bernie Madoff may have finally picked a legitimate winner. A biopharmaceutical company partly owned by the Madoff family had an initial public offering Tuesday, and reports say his initial \$2.2-million US investment in the company, Stemline Therapeutics, is now worth \$5.5 million on paper. But the trustee overseeing efforts to untangle Madoff's Ponzi scheme says the shares rightfully belong to his defrauded clients.

THE ASSOCIATED PRESS

Telecom

Iraq exchange gets first major stock float

Iraqi mobile-phone service provider Asiacell raised close to \$1.3 billion US Sunday on the Iraq Stock Exchange in what the head of the bourse said is the biggest initial public offering in the Middle East since 2008. Taha al-Rubaye also said it's the first major stock float on the ISX, which was set up in 2004, a year after a U.S.-led invasion toppled Iraqi dictator Saddam Hussein.

THE ASSOCIATED PRESS

Aerospace

Boeing engineers take strike vote amid 787 woes

Just when Boeing really needs its engineers, they're voting on whether to strike. It's bad timing for Boeing. The aircraft maker is working around the clock to solve battery problems that have grounded its 787s worldwide, and unionized engineers are a big part of that effort. The vote begins Tuesday and runs through Feb. 19. The union has recommended its members reject Boeing's contract proposal.

THE ASSOCIATED PRESS

IT'S PAST TIME TO RECOGNIZE VIOLA DESMOND AS A HUMAN- RIGHTS PIONEER



**URBAN
COMPASS**
Stephen Kimber
halifax@metronews.ca

Another February. Another African Heritage Month. Another plaintive plea — from me and a few lonely others — for an official day to honour Viola Desmond's contribution to the human-rights

movement in Canada.

On Nov. 8, 1946, Desmond, a pioneering black businesswoman from Halifax, found herself in New Glasgow overnight. She decided to see a movie. The Dark Mirror, starring one of her favourite actresses, Olivia de Havilland, was playing at the Roseland Theatre. She sat, by chance, in a whites-only section. Informed she would have to move, Desmond refused. She was dragged from the theatre, clapped in jail, hauled before a magistrate, tried without benefit of counsel, summarily convicted of failing to pay a one-cent (!) amusement tax and fined \$20.

Movie theatre shake-up

Desmond's importance has belatedly begun to be acknowledged.

place on a bus sparked the American civil-rights movement.

Desmond's importance has belatedly begun to be acknowledged. In 2010, the Nova Scotia government publicly apologized and officially pardoned her for her "crime."

That same year, a Tory backbencher introduced a motion in the legislature to make Nov. 8 Viola Desmond Day. The bill passed second reading.

And then?
Nothing.

African Nova Scotian Affairs Minister Percy Paris disappeared the bill into the black hole of "community consultation" — not on how best to honour Desmond but on the generically correct issue of "how to establish a lasting form of recognition that would honour the contributions and experiences of African Nova Scotians."

No one seems certain what happened after that, except there is still no day to honour Desmond ... or any other African Nova Scotian civil-rights pioneer.

"We have an apology, a pardon and a Canada postage stamp," notes Ron Caplan, the Cape Breton historian who published a book about Desmond written by her sister, and who continues to champion Viola Desmond Day. "We have two books and we even have annual celebrations of a Viola Desmond Day at (Toronto's) Ryerson University." But we still don't have our own, teachable-moment Viola Desmond Day in Nova Scotia. It's past time.

DNA test results

Scientists to reveal whether corpse is Richard III

A historical mystery could soon be resolved, with the help of a Canadian family.

Scientists on Monday will announce the results of tests meant to determine whether a skeleton found under a parking lot in central England belongs to 15th-century King Richard III, the last English monarch to die in combat.

Researchers at the

University of Leicester have analyzed the bones, which were discovered during an archeological dig in September. The skeleton showed signs of Richard's famed spinal curvature and of fatal battle wounds.

Scientists compared its DNA with samples taken from a Canadian family that is a direct descendant of Anne of York, Richard's eldest sister.

Jeff Ibsen says he was warned long ago that his family might be called upon if the king's burying place was ever discovered.

THE CANADIAN PRESS

Vegan bark may have bite



VICTOR FERREIRA/THE CANADIAN PRESS

Pooch life

Dogs ditch chicken for carrot sticks

Willie, a dachshund, begs for a carrot in Toronto. Willie's owner, Ken Butland, says his two dogs quickly adapted to their new vegan diet and now can't get enough of it. Vegan diets for dogs are becoming increasingly prevalent in Toronto as owners who follow the vegan lifestyle are implementing it on their pets.

But not all veterinarians agree that a vegan diet is the best choice for dogs.

THE CANADIAN PRESS

Canine culture

"You only have to spend a few seconds in the room, when they hear carrots being chopped up they're like lightning ... We feed them green beans, raw carrots, raw cabbage and they go crazy."

Ken Butland

A vegan who is passionate about his lifestyle and wants to pass it down to his two dachshunds

Woof woof

- Vegan diets for dogs involve more than feeding them raw vegetables.
- Canines rely on dry vegan dog food for nutrients such as protein that they would have ingested through eating meat.
- Dogs, unlike cats, are natural omnivores who have the enzymes to break down the nutrients from a vegan diet and assimilate them for daily use, according to a Toronto veterinarian.

A dog's breakfast

Not the best idea for all dogs: Expert

Veterinary technician Krista Wilcox tends to dogs at the Front Street Animal Hospital in Toronto and would only recommend a vegan diet when food allergies are present.

Wilcox says that if a diet isn't properly formulated for each individual need, even if it is a vegan diet, there can be side effects.

"An improper diet will cause a pet to, over time, show malnutrition," she said. THE CANADIAN PRESS

Bringing students together for change

News worth sharing

Media will always have to report on the tough stuff. But we know that Canada is full of compassionate individuals, inspiring projects and stories worth celebrating. Here's just one.

On Jan. 10, eight First Nations Canadians and non-aboriginal allies spoke at a "teach-in" for a standing-room-only audience at Dal-

housie University.

Erin Wunker, a professor of Canadian Studies and one of the organizers, spoke about the importance of educating non-aboriginals about the realities of First Nations issues in Canada.

She believes that "unlearning" harmful myths about Native Canadians is the first step in uniting students behind movements like Idle No More.

"Students' voices are

important," she says, "and when they come together to demand change, administrators and politicians listen."

With a packed room of students, faculty and community members applauding speakers like elder Billy Lewis and NDP MP Megan Leslie, the teach-in brought First Nations and allies together to illuminate the history of Idle No More and support its call for unity and change.

CRAIG AND MARC KIELBURGER

Craig and Marc Kielburger are founders of international charity and educational partner, Free The Children. Its youth empowerment event, We Day, is in eight cities across Canada this year, inspiring more than 100,000 attendees. Email us for more information and to get involved. Help the good news get around. Send your stories to goodnews@metowe.com and we'll share them right here.

What a girl wants

Juno's new host with the most

Ladies, you might want to sit down for this: Michael Bublé has been revealed as the host of the 2013 Juno Awards gala.

The charming Vancouver crooner, who's proved a quick-witted hit at the podium whilst collecting numerous Juno and Grammy trophies in the past, announced his forthcoming duties in a characteristically droll TV spot aired during CTV's Super Bowl broadcast on Sunday night. It found him lounging in bed trading quips with Can-rock couple Chad Kroeger and Avril Lavigne. **TORSTAR NEWS SERVICE**

Bringing sexy back (finally)



Justin Timberlake performs in New Orleans, La. GETTY IMAGES

One of the most anticipated musical moments of the year so far was connected to the Super Bowl, but had nothing to do with Beyoncé.

Instead, it was Justin Timberlake who had New Orleans buzzing as he gave his first performance in nearly five years — a sizzling, hour-long concert that featured the nattily dressed entertainer with a more than 10-piece band and guest appearances by Timbaland and Jay-Z. The performance was all part of DirecTV's Super Bowl-eve bash.

Timberlake hadn't released new music in years, instead concentrating on acting. **THE ASSOCIATED PRESS**



Beyoncé, centre, Kelly Rowland, right, and Michelle Williams of Destiny's Child, perform during the halftime show of the NFL Super Bowl XLVII between the San Francisco 49ers and the Baltimore Ravens. Sunday, in New Orleans. PATRICK SEMANSKY/THE ASSOCIATED PRESS

Beyoncé delivers the goods at Super Bowl

Now put your hands up. She put a groove on it — and this time it was live

Beyoncé sang like she had something to prove at the Super Bowl, balancing out the testosterone levels on the football field with a dance-heavy performance that featured her Destiny's Child band mates and an all-female band.

She emerged onstage singing some of Love on Top, transitioning to her hit Crazy In Love in an all-black ensemble, which matched the dark stage. She ripped off part of her shirt and skirt as she danced hard with background dancers doing the same.

She sang live — and sounded good. Days after admitting to singing to a pre-recorded track at President Barack

Obama's inauguration, she proved herself to any doubters and added a few off-script remarks as if to show her microphone was on.

Her background singers helped out as Beyoncé danced around the stage throughout most of the 13-minute performance. She was especially top-notch during End of Time and Baby Boy.

She had a swarm of background dancers and band members spread throughout the stage, along with videotaped images of herself dancing. And the crowd got bigger when she was joined by her Destiny's Child band mates.

Kelly Rowland and Michelle Williams popped up from below the stage to sing Bootylicious. They were in similar outfits, singing and dancing closely as they harmonized. But Rowland and Williams were barely heard when the group sang Independent Woman.

as their voices faded into the background.

They also joined in for some of Single Ladies (Put a Ring On It), where Beyoncé's voice grew stronger.

She asked the crowd to put their hands toward her as she belted the slow groove Halo on bended knee — and that's when the performance hit its high note.

Before the game, Alicia Keys performed a piano-tinged version of the national anthem. The Grammy-winning singer played the piano as she sang The Star Spangled Banner in a long red dress.

THE ASSOCIATED PRESS

GETTY IMAGES

Sandy Hook

Students join Hudson on stage

As 26 children walked to the centre of the Superdome to sing, a packed crowd in the Big East fell silent.

The chorus from Sandy Hook Elementary School, nearly two months after a deadly shooting rampage, joined Jennifer Hudson to deliver a rendition of America the Beautiful that had some players and countless fans in the stands on the verge of tears.

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The Word



Nick Cannon. ALL PHOTOS GETTY IMAGES

Celebrating Valentine's—all year long



THE WORD

Dorothy Robinson
scene@metronews.ca

Valentine's Day isn't the only time when Nick Cannon and Mariah Carey celebrate their love. Cannon admitted to Metro that the 30th of every month is their I Love You Day and they view that day as

their monthly anniversary.

"No matter where we are in the world, even if we're not together on the 30th, we still send flowers and balloons and chocolates and all that good stuff," said the America's Got Talent host.

Considering Cannon and Carey are known romantics (they renew their wedding vows every year), we asked for his advice on how to make the holiday memorable. "The more thoughtful you can be, that shows effort," he says. "If you're going to do flowers, find out that person's favourite and figure out the arrangement yourself."

'No surgery for me,' says Kidman



Nicole Kidman

Despite numerous reports to the contrary, Nicole Kidman insists she's never indulged in plastic surgery. "No surgery for me," she tells Italian newspaper La Repubblica. "I did try Botox, unfortunately, but I got out of it and now I can finally move my face again." So how does the Australian actress keep her face looking the way it does? "I wear sunscreen, I don't smoke and I take care of myself, and I am proud to say that," she said. "Anybody can do anything to themselves—I don't judge—but personally, I believe in being physically fit."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week

Creepy dads, bad breakups and stomping on cultural touchstones

STARGAZING
Malene Arpe
scene@metronews.ca

This week in creepy dads:

1) Adele's estranged dad is complaining to a newspaper that she won't have anything to do with him because he talked to a newspaper. 2) Hulk Hogan tweets a picture of daughter Brooke in a mini-dress with the caption "Brooke's legs." 3) The Hong Kong millionaire, who this fall offered \$65 million to any man who could convince the millionaire's lesbian daughter to divorce her wife and marry a dude, reiterates his offer.

Your move, Selena. After Selena Gomez covers Justin Timberlake's Cry Me A River and Taylor Swift's I Knew You Were Trouble, Justin Bieber releases his own breakup song, Nothing Like This. Selena, may we suggest Häagen-Dazs, a girls' night out and just keeping your pain bottled up inside yourself where it belongs?

Justin Bieber gropes a fan's breast at a meet and greet. Selena Gomez decides to spend two or three days in bed, watching The Notebook over and over and not washing her hair.

Kris Jenner gets her own talk show. Subjects that will be covered during the first week of broadcast: "Kash comes from kids," "Kashing in on kute kids" and "Kids! can they be converted into more kash?"

Liberty Ross files for divorce from Snow White and the Huntsman director Rupert Sanders. Not because of the Kristen Stewart cheating thing, but because he made Snow White and the Huntsman.



Lindsay Lohan

Carole Mallory, author of a book about her affair with Norman Mailer, has written a new book about sleeping with famous men. In it, she says that Robert De Niro used to keep his socks on. "That totally ruined all my elaborate erotic fantasies involving Robert De Niro," said absolutely no one.

Porn actor James Deen talks about working with Lindsay Lohan on The Canyons. "In porn I am used to working with professionals who are courteous to others," he says. "Whatever," says Lindsay. "I am used to working with family members who would steal my teeth."

Chris Brown claims he didn't throw any punches in a parking lot fight with Frank Ocean. Proof he may be right: 1) He posts on Instagram, comparing himself to a crucified Jesus. 2) Sources say it was only the respective entourages who were fighting. 3) Frank Ocean is not a woman.

The initial version of the Evil Dead remake got an NC-17 rating. The film was eventually edited to get an R, but still retains the "why yes, we did remake/stomp on one of your beloved cultural touchstones" warnings.

TORSTAR NEWS SERVICE



Frank Ocean

Ocean takes high road by not 'mutilating' Brown after studio brawl

Frank Ocean has decided not to press charges against Chris Brown after their brawl outside a Los Angeles recording studio last week, he revealed in a post to his Tumblr blog. "As a child, I thought if someone jumped me it would result in me murdering or

mutilating a man. But as a man I am not a killer, I'm an artist and a modern person," Ocean writes. "I'll choose sanity. No criminal charges. No civil lawsuit. Forgiveness, albeit difficult, is wisdom. Peace, albeit trite, is what I want in my short life."



Penelope Cruz

Baby No. 2 on way for Penelope and Javier

Penelope Cruz is reportedly pregnant with her second child, according to E! News. The Spanish actress is about three months along, sources say, and is thrilled to be pregnant at

the same time as her sister, Monica Cruz. Penelope is currently vacationing with husband Javier Bardem on Johnny Depp's private Caribbean island. The couple has a two-year-old son, Leo.

Twitter



@kirstiealley

my TV makes everyone look fat! What the hell?? everyone looks like a walking "wall". ..Oy Vey



@ElizabethHurley

Dragging myself downstairs to put puppy in the garden.....



@JuddApatow

I am in England. So the Super Bowl is on at what time? On what channel? And I watch it with who? This does not seem as fun.



@SteveMartinToGo

The Super Bowl reminds me of a pagan contest where a human head is kicked around between commercials.

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Supper

Family meals still matter

I read a study that says that family meals aren't necessarily beneficial.

Really?! Families have been sitting down and breaking bread together for centuries. Why do we suddenly need to make a mockery of it? Aside from

the obvious — time spent together — family meals give children a sense of routine and stability. It brings everyone together in a relaxed atmosphere where they laugh and talk. It teaches good table manners and healthy eating. My instinct also tells me that spending time eating meals with my children is not only good for them, but for me.

CANDACE DERICKX/YUMMYMUMMYCLUB.CA

Tips

Easy nosebleed clean-up

I like to give a red facecloth as part of a baby shower gift.

When a child — or even a squeamish parent — sees blood from a cut or nose bleed, they tend to freak out over all of the blood loss.

If the parents use a red facecloth instead of a white or light-coloured one, children won't see how much blood there is and will likely keep calmer during the entire ordeal.

It worked great for me when my kids were small — and even when they were not so small.

SHARON JANOUSEK/YUMMYMUMMYCLUB.CA

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- **Mommy tales.** Follow along with the comedic (mis)adventures of mommyhood with Reasons Mommy Drinks online at metronews.ca/voices.



Dealing with dinnertime stress? Here's what not to say

Diet. Choice and praise may not be the best way to go at the dinner table

SARAH REMMER
RD of yummymummyclub.ca

As parents, we want our kids to eat a well-balanced diet and grow to enjoy a wide variety of healthy foods.

In our well-intentioned efforts, we often verbally encourage or discourage them to eat certain foods, only to increase picky eating tendencies or send the wrong messages about foods.

Here are some things that parents often say to their kids about food and why they may not be the best things to say.

1. "You must have at least three more bites of your vegetables before you can have dessert."

When kids feel that they have to eat one food in order to be rewarded with another, they automatically associate the first food with being less desirable. Instead, offer a variety of foods, including vegetables, at dinnertime.

Encourage your child to taste his veggies, and if he

doesn't like it, he can politely spit it out in his napkin.

2. "You are such a good girl for eating everything on your plate!"

What your child hears after you make this statement is, "I am a good girl if I finish all of the food on my plate, so I better do that again tomorrow."

What you actually want as a parent is for your child to stop eating when she's comfortably full. Sometimes that means a clean plate, sometimes it doesn't.

Cleaning our plates no matter what often translates into eating beyond fullness, and over time, gaining unhealthy weight.

3. "We don't eat cookies in our house because they are bad for us."

Labelling foods as "good" or "bad" automatically makes your child feel like she is "good" for eating "good foods" and "bad" for eating "bad foods."

Truthfully, all foods can fit into a healthy diet, even if some of those foods aren't as healthy as others.

Instead, say: "We like to have lots of different foods in our house, including cookies sometimes. Maybe we can bake some together tomorrow and have one after dinner tomorrow night."

row night."

4. "I know you don't like the lasagna I'm making, so what would you like for dinner instead?"

Giving your child control over what he eats for dinner will discourage him from trying new and different foods, might actually encourage picky eating habits and will eventually drive you crazy. Everyone in the family should be offered the same meal. There should be three to four different foods to choose from. For example: lasagna, whole grain bread, cut up veggies and dip, salad, and milk. Your child should be offered all of these foods, and she can pick. She might choose four pieces of bread. And that's OK — you've done your job by offering a variety of different foods and the ball is in her court now.

Every child will go through a picky eating stage — it's normal. It can be frustrating and worrisome for parents, but it also offers an opportunity to help children develop a healthy relationship with food. Keep reintroducing foods, even if they are refused. Praise your kids for listening to their tummies and trying new foods (even if they politely spit it out).

YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP BUSY WOMEN SURVIVE MOTHERHOOD



Kids have their own mealtime strategy. What's yours? ISTOCK IMAGES

Being mindful of our nice-to-nag ratio



Communication with your children can be tough. Remember to try to stay calm. ISTOCK IMAGES

Hands down, my greatest challenge as a mother is trying to stay calm and facilitate growth through the natural wild behaviour children have. I want to be calm, but wow, it is hard to do.

So I ask myself a question every day to help me stay focused on being calm: What will be my nice-to-nag ratio?

Every family who has come to see me in my psychotherapy practice with "misbehaving children" has had a very low nice-to-nag ratio. Children use behaviour to communicate until they can find the words to express themselves, and misbehaving children and their parents can get into a pattern where the

bulk of any communication to that child is corrective. "Stop it! Why are you doing that? Why won't you listen?" Again, it can be hard to be nice to a child who, in your mind, is always blowing it.

"Your ability to enjoy your child may be the most important factor in his development," according to Laura Markham, PhD, author of *Peaceful Parents, Happy Kids*.

If I can stop myself from hurting or scaring my child or continually being on my child's back when they need direction, I won't be contributing to their negative self-talk. Children push away from their parents

when they experience too much wounding from them.

Do you like to be around people who are continually on your case? No, and neither do your children. An exhausted, mother of a "rebellious teen" said, "I wish someone would have told me this when my daughter was little. How can I possibly take back all those days I constantly nagged her? Help me get her back." Thankfully, I can report that after a year of that mom's conscious decision to communicate with her daughter openly, she is well on her way to getting her daughter back.

ANDREA NAIR/YUMMYMUMMYCLUB.CA

3 LIFE

Grilled cheese grows up with onions and tomatoes



This recipe serves four. LORELLA ZANETTI, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)



ROSE REISMAN
for more, visit
rosereisman.com

Who would have thought old comfort food, grilled cheese, would make such a comeback — not only as a casual sandwich at home, but also as an elegant appetizer at parties.

Here's a twist on the traditional; I use it as a lunch item, on buffets and even cut into quarters as an appetizer.

1. Divide cheddar, Parmesan and goat cheese between two slices of bread. Top with sliced tomatoes and onions. Cover with remaining two slices of bread. Spray both sides of each sandwich with cooking oil.

Nutritional Analysis

Per serving

- 199 calories; 11 g protein; 11 g fat; 6.2 g saturated fat; 15 g carbohydrates; 25 mg cholesterol; 288 mg sodium; 2.3 fibre

2. Spray a non-stick skillet with cooking oil and place over medium heat. Cook the sandwiches for approximately 4 minutes per side, being careful not to burn them.

3. Cut each sandwich into quarters and serve 2 per person. **ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)**

Ingredients

Prep time: 10 minutes
Cooking time: 8 minutes

- 1/4 cup light aged cheddar cheese, thinly sliced
- 1/8 cup Parmesan cheese,

freshly grated

- 1/4 cup crumbled goat cheese
- 4 slices whole grain bread
- 4 slices plum tomato
- 4 slices sweet onion

Lunch. Veggie Hummus Crunch Sandwich



1. Spread hummus evenly on one side of each slice of toast.

2. Top 2 slices of toast with cheese, tomato, red onion, cucumber, a handful of alfalfa sprouts and remaining slices of toast to form sandwiches. Cut in half and serve.

Ingredients

- 4 slices whole grain bread
- 1/3 cup (80 ml) hummus
- 2 slices light Havarti cheese
- 1 tomato, sliced
- 2 tbsp (30 ml) diced red onion
- 1/2 cucumber, sliced
- 1 package alfalfa sprouts

NEWS CANADA/
NATURALLYDEMPSTERS.CA

Residents of Dartmouth North:

Farrell Benevolent Society would like to rent space to Dartmouth Family Centre for a Community Food Centre.

Come out and vote on Feb. 7 @ 6PM at Farrell Hall, 276 Windmill Rd.

Pulled to complete perfection

For this recipe, simply marinate boneless pork for a couple of hours or overnight, then put it in the slow cooker.

The result will be tender enough to be shredded, or "pulled," apart. The sauce can easily be prepared while the pork is cooling.

1. In a bowl, combine 15 ml (1 tbsp) of the brown sugar, paprika, chili powder, mustard and salt. Rub over all sides of pork. Cover and refrigerate for at least 2 hours or overnight.

Ingredients

- 60 ml (4 tbsp) packed brown sugar, divided
- 45 ml (3 tbsp) paprika
- 15 ml (1 tbsp) chili powder
- 15 ml (1 tbsp) dry mustard
- 5 ml (1 tsp) salt
- 1.5 kg (3 lb) boneless pork shoulder blade roast, cut into 4 chunks
- 1 envelope (38.5 g/1.4 oz) onion soup mix
- 375 ml (1 1/2 cups) chicken broth
- 1 ml (1/4 tsp) cayenne pepper
- 375 ml (1 1/2 cups) tomato-based chili sauce
- 45 ml (3 tbsp) cider vinegar
- 15 ml (1 tbsp) soy sauce
- Kaiser buns, warmed
- Coleslaw



This recipe serves eight. THE CANADIAN PRESS H/O

2. Place pork in five to six-quart slow cooker. Whisk soup mix and broth; pour over pork. Cover and cook on low 8 to 10 hours or on high 4 to 5 hours, until pork shreds easily with a fork. Transfer pork to a plate and let cool slightly.

3. Using spoon, remove excess fat from surface of sauce. Pour sauce into a large saucepan and

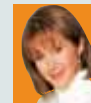
bring to a boil. Reduce heat and simmer for about 20 minutes, until syrupy. Stir in remaining brown sugar, cayenne, chili sauce, vinegar and soy sauce; simmer for 10 minutes to blend flavours. Adjust seasoning with salt and cayenne, if desired.

4. Transfer pork to a cutting board and add accumulated juices to sauce. Using two forks,

shred pork, placing it in a serving bowl. (This is a super-messy job, but worth the effort.) Pour 250 ml (1 cup) sauce over shredded meat, turning pork to absorb sauce. Serve pork on warmed buns, topped with coleslaw, with extra sauce for dipping. **BEST OF BRIDGE SLOW COOKER COOKBOOK BY SALLY VAUGHAN-JOHNSTON & THE BEST OF BRIDGE PUBLISHING LTD. (ROBERT ROSE, ROBERTROSE.CA, 2012).**

Healthy eating

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Subway is considered a healthy fast food choice, but you may be surprised at what sandwiches pack the most fat and calories.

Subway tuna sub (6 inch with light mayo & Southwest sauce)

620 calories / 39 g fat

With tuna, mayo and sauce, the calories and fat in the sub equal half your daily calories and fat.



Equivalent

One six-inch Subway tuna sub with Southwest sauce and light mayo is equivalent in calories to five cans of tuna packed in water. Tuna is considered a healthy low fat fish on its own.



Subway steak and cheese sub (6 inch)

380 calories / 10 g fat

Shocking to most, the lean steak and cheese is a healthier option.



Type your way to the total package by polishing up your online presence

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ELIZABETH
BEDDALL
life@metronews.ca

Welcome to the world of social media, where any aspect of your online biography can mean the difference between landing that dream job and getting promptly passed over.

In the process of prioritizing your personal brand, it's imperative that you make sure you accurately portray yourself online as you would in person, ensuring that recruiters receive a fair impression of your character and that they recognize the unique qualities you could bring to their organization.

To help evaluate your online presence, James Davidson, talent acquisition manager for PwC, provides us with five key considerations that will help you improve your digital brand and make you more noticeable than your competitors.

Relevance

People evaluate you based on relevance. This is how consistent the real-world-you is to the virtual-world-you. To increase your vol-

The web at work

PwC is hosting its second annual Personal Brand Week from Monday to Friday.

- During the week, visit the PwC Careers Canada Facebook page (facebook.com/PwCCareersCanada) for more tips and techniques on personal branding.

ume and relevance on the web, you can showcase your expertise, skills and experiences via online forums, Facebook, LinkedIn and Twitter.

Volume

Volume speaks to how much content is on the web about you — the more you have to say about yourself, the more information people will have to read about you.

Clarity

Clarity means the ease with which readers can differentiate the content that is about you versus information on others with the same name. It's imperative to secure your vanity name for LinkedIn, Facebook and Twitter. Spending some time to figuring out the right words to describe yourself is critical. This determines how easy it is for others to find you online.

Diversity

Diversity is having multi-

media content supporting the real-world-you.

This means sharing photos, quotes, articles and videos — all of which help express your skills, passion and values in another way. For example, people are more likely to believe you and your work experience if you have a professional photo — especially on sites such as LinkedIn.

Validation

Lastly, validation is essen-

tial in getting other people to reference you or confirm who you really are.

This is extremely important to increasing the credibility of your personal brand.

You need to get others to recommend you online, endorse you and provide you with testimonials. By attempting these online suggestions, you will be on your way to building and managing your professional online presence.



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Halifax Mooseheads netminder Zach Fucale is tops in the Canadian Hockey League with 33 wins. JEFF HARPER/METRO

Moose coach lauds Fucale's hot streak

The puck stops here. Star netminder stops 61 of 62 shots during two-game road trip



PHILIP CROUCHER
philip.croucher@metronews.ca

Like the Halifax Mooseheads needed another reason for opposing teams in the QMJHL to be shaking in their boots — or should one say skates?

According to head coach Dominique Ducharme, netminder Zach Fucale is playing his best hockey of the season, with his latest victory on Friday

Quoted

"The playoffs are going to be a battle, and we need 20 guys ready to go, and it starts in net."

Dominique Ducharme, head coach of the Halifax Mooseheads

night arguably his most impressive — a 35-save performance on the road against the talent-laden Baie-Comeau Drakkar, a team the Mooseheads beat 3-1.

"He keeps improving. I think he's playing his best hockey of the year, and that's a great sign heading towards the end of the year," Ducharme said on Sunday.

It's not like Fucale was playing poorly — far from it. He is leading the entire Canadian

Hockey League in wins (33) and his goals-against-average of 2.39 is second best in the QMJHL.

But playing with a team loaded with up-front firepower, Fucale has gone plenty of games without seeing much action, and at times, it's led to some softer goals being allowed.

"What I've liked in the last few weeks is he's more consistent," Ducharme said.

"He needed to get used to seeing a lot less shots and get

used to that rhythm in the game."

Fucale has played in all but eight games this season, and Ducharme wants to make sure he gets some rest to get prepared for what the team hopes will be a long playoff run.

With that in mind, Ducharme said over the team's final 19 games during the regular season, back-up Chris Clarke will be in the net more often.

"We'll see Clarke play a little bit more in the next few weeks," Ducharme said.

"It's to give (Fucale) rest, but at the same time, we need Chris to get into a few more games. You never know what can happen. He needs to be ready to go."

Alex Tanguay. Former Moose star reaches NHL milestone — 500 assists

A former star forward with the Halifax Mooseheads has hit a milestone in the National Hockey League.

Alex Tanguay, who played for the Mooseheads from 1996-99, recorded his 500th NHL assist in the Calgary Flames' 3-2 shootout loss to the Chicago Blackhawks on

Saturday night.

Tanguay has played in 888 NHL games over the course of 13 seasons and has 741 points, including 241 goals.

During his three seasons with the Mooseheads, Tanguay recorded 113 goals and 214 points in 152 games.

METRO

Career

Besides Calgary, Alex Tanguay has also skated with the Colorado Avalanche, Montreal Canadiens and Tampa Bay Lightning.

AUS

One win like two for hoop Huskies

The Saint Mary's Huskies men's basketball team has given itself some breathing room for the final playoff spot.

Kevin Thomas had 21 points and 14 rebounds as the Huskies beat the visiting New Brunswick Varsity Reds 86-72 in Atlantic



Kevin Thomas
HANDOUT

University Sport hoops action at the Homburg Centre on Sunday afternoon.

With the win in the four-point game, Saint Mary's (6-9) is now six points clear of the Reds (4-11) for the sixth and final playoff spot.

Both teams have five games remaining, with the Huskies returning to action on Wednesday when they visit the Dalhousie Tigers at Dalplex. Game time is 8 p.m.

In women's action, Justine Colley had 26 points as the Huskies beat New Brunswick 73-63. Saint Mary's is now a perfect 15-0. They also face the Tigers at Dalplex on Wednesday at 6 p.m.

METRO

AUS

Hockey Huskies clinch first-round playoff bye

The Saint Mary's Huskies have clinched a first-round bye in the Atlantic University Sport men's hockey playoffs.

The Huskies recorded two victories over the weekend, including a 3-0 win over the Acadia Axemen on Saturday night in Wolfville.

Saint Mary's clinched second place and the first-round bye with the win over Acadia, which is in third place.

Matt Tipoff, Jeff Marchand and Cory Tanaka scored for the Huskies, with Anthony Peters stopping 28 shots for the shutout.

On Friday night, former Halifax Mooseheads forward Ryan Hillier scored twice as the Huskies dumped the Dalhousie Tigers 6-2 at the Halifax Forum.

Dalhousie, which won't qualify for the six-team playoffs, also lost 2-1 to the St. Francis Xavier X-Men on Saturday night.

The regular season wraps up on Friday night.

METRO



Alex Tanguay RICH LAM/GETTY IMAGES



Super Bowl MVP Joe Flacco holds up the Vince Lombardi Trophy after the Baltimore Ravens' 34-31 win over the San Francisco 49ers on Sunday night in New Orleans.

AL BELLO/GETTY IMAGES

Ravens turn off the lights on 49ers

Super Bowl. San Fran nearly climbs all the way back following blackout in New Orleans, but Baltimore holds on to win second NFL title

From blowout to blackout to shootout, Joe Flacco and the Baltimore Ravens had just enough power to survive one of the most electric Super Bowls ever.

The outage flipped a switch for the San Francisco 49ers, but the Ravens used a last-gasp defensive stand to hold on Sunday night, 34-31.

America's biggest sporting event came to a half-hour standstill in the third quarter when most of the Superdome lights and the scoreboards went dark. By then, the Ravens had a 22-point lead.



Everything changed after that, though, and the 49ers staged a sensational rally before Ray Lewis and Co. shut it down. But there were plenty of white-knuckle moments and the Ravens (14-6) had to make four stops inside their seven at the end.

For a Super Bowl with so many subplots, it almost had to end this way.

Flacco's arrival as a championship quarterback coincides with Lewis' retirement.

The sibling rivalry between the coaching Harbaughs went to John, older than Jim by 15

months.

"How could it be any other way? It's never pretty. It's never perfect. But it's us," John Harbaugh said. "It was us today."

At four hours, 14 minutes, it was the longest Super Bowl ever. Among the most thrilling, too.

The loss of power delayed the game 34 minutes and left players from both sides stretching and chatting with each other. It also cost Baltimore whatever momentum it built, and that was considerable after Jacoby Jones' 108-yard kickoff return and game MVP Flacco's three touchdown passes made it 28-6.

Back came San Francisco (13-5-1) in search of its sixth Lombardi Trophy in as many tries.

Michael Crabtree's 31-yard touchdown reception on which he broke two tackles made it 28-13. A couple minutes later, Frank Gore's six-yard run fol-

lowed a 32-yard punt return by Ted Ginn Jr., and the 49ers were within eight.

Ray Rice's fumble at his 24 led to David Akers' 34-yard field goal, but Baltimore woke up for a drive leading to rookie Justin Tucker's 19-yard field goal.

San Francisco wasn't done challenging, though, and Colin Kaepernick's 15-yard TD run, the longest for a quarterback in a Super Bowl, made it 31-29. A two-point conversion pass failed when the Ravens blitzed.

Tucker added a 38-yarder with 4:19 remaining, setting up the frantic finish.

Kaepernick couldn't get the 49ers into the end zone on the final three plays — there was contact on Crabtree on the final pass that appeared incidental, and Jim Harbaugh insisted it was pass interference.

Ravens punter Sam Koch took a safety for the final score with four seconds left.

THE ASSOCIATED PRESS



Ravens linebacker Ray Lewis celebrates Sunday night's 34-31 Super Bowl win over the San Francisco 49ers in New Orleans. RONALD MARTINEZ/GETTY IMAGES

NFL. Lewis puts tidy Super Bowl bow on 17-year career

Ray Lewis began his final night on the football field with a motivational speech to his teammates.

He ended it looking upward into a shower of silver streamers and purple confetti after the Ravens beat the San Francisco 49ers 34-31 Sunday night to win the Super Bowl.

"It's simple: When God is for you, who can be against you?" Baltimore's standout middle linebacker said, clutch-

ing the Lombardi Trophy. "It's no greater way, as a champ, to go out on your last ride with the men that I went out with, with my teammates."

Standing tall in the middle of a defence that survived a frenzied comeback by Colin Kaepernick and the 49ers, Lewis put a lovely bow on his 17th NFL season by earning his second Super Bowl ring — 12 years after the first.

THE ASSOCIATED PRESS

CFL. Longtime coach, executive set to end his illustrious football career

The man affectionately known as "Obie" is calling it a career.

A CFL source requesting anonymity said Sunday that Bob O'Billovich will announce his retirement Monday at a news conference at the Hamilton Tiger-Cats business office.

O'Billovich, 72, has spent the last five years as the Ticats general manager.

The native of Butte, Mont., has been a player, coach and executive in the CFL in a career that began in 1963 as a quarterback/defensive back with the now defunct Ottawa Rough Riders.

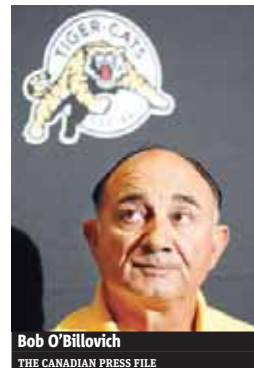
O'Billovich played five seasons with Ottawa before beginning his coaching career with the club, first as a guest coach before being named an assistant coach.

O'Billovich also served as a university basketball coach in Ottawa, leading the Carleton men's program from 1971 to 1973. He then served as the Ottawa Gee-Gees hoops coach from 1973 to 1974.

He was hired as head coach of the Toronto Argonauts in 1982 and spent eight seasons on the sidelines, leading the Double Blue to three Grey Cup appearances (winning in 1983).

O'Billovich joined the B.C. Lions as head coach during the 1990 campaign and remained through the 1992 season before returning to Toronto as GM in 1993.

He also took over coaching



Bob O'Billovich
THE CANADIAN PRESS FILE

duties in Toronto during the 1993 season. O'Billovich relinquished those duties following the 1994 campaign but found himself back on the sidelines in 1995.

O'Billovich served as B.C.'s player-personnel director from 2003-07 before being hired as Hamilton's GM.

The Ticats promoted O'Billovich to vice-president of football operations in January 2012.

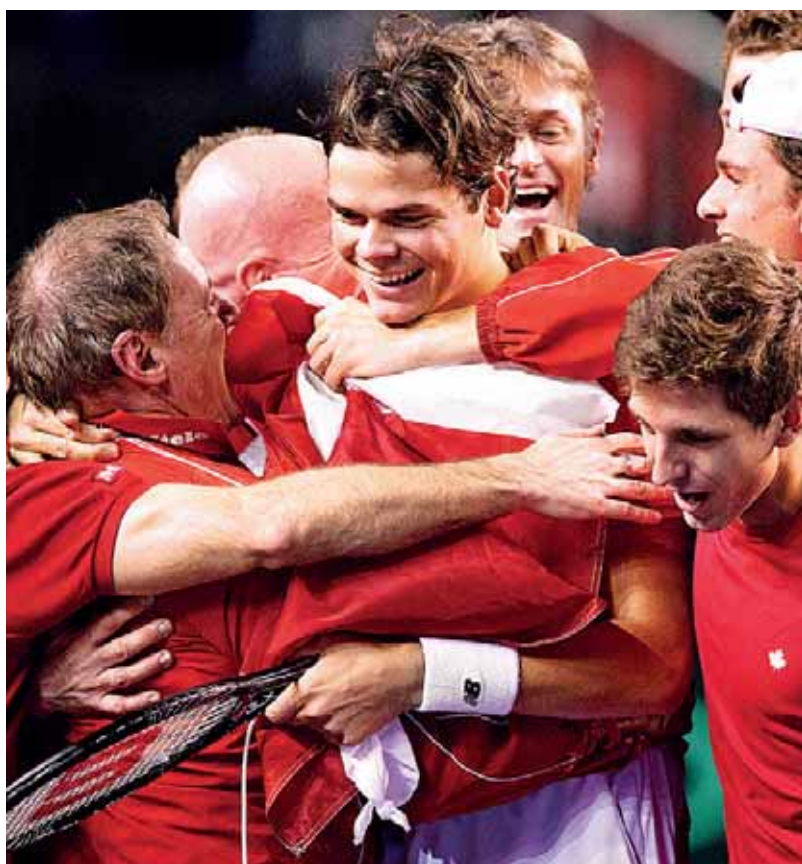
But after the Ticats missed the playoffs last season with a 6-12 record, they fired rookie head coach George Cortez and hired Kent Austin as the club's director of football operations, GM and head coach.

He leaves the CFL as a two-time winner of the league's coach of the year award (1982, 1987) and a Grey Cup champion (1983). THE CANADIAN PRESS



Lefty shoots sizzling -28

Phil Mickelson celebrates making a birdie putt on the seventh hole during the final round of the Waste Management Phoenix Open golf tournament on Sunday in Scottsdale, Ariz. Mickelson, who won the tournament, shot a 4-under 67 to finish at 28-under 256, two strokes off the PGA Tour record of 254 set by Tommy Armour III in the 2003 Texas Open. ROSS D. FRANKLIN/THE ASSOCIATED PRESS



Canada's Milos Raonic, centre, of Thornhill, Ont., is mobbed by his teammates after defeating Spain's Guillermo Garcia-Lopez during a first-round singles match at the Davis Cup World Group in Vancouver, B.C., on Sunday.

DARRYL DYCK/THE CANADIAN PRESS

Raonic's win leads Canada over Spain in Davis Cup upset

Tennis. Canucks knock off No. 1-ranked side and advance to the second round

Milos Raonic propelled Canada into the second round of the Davis Cup World Group Sunday. Raonic beat Spain's Guillermo Garcia-Lopez in straight sets — 6-3, 6-4, 6-2 — at UBC's Doug Mitchell Thunderbird Sports Centre. The win gave Canada an insurmountable 3-1 lead in the best-of-five tie with one reverse singles match to play.

Raonic was rarely tested by Garcia-Lopez, ranked 82nd in the world, who made his first Davis Cup appearance. Garcia-Lopez was inserted into the do-or-die match by Spanish captain Alex Corretja, who made a late lineup change in a bid to right Spain's fortunes.

Canada entered play with a 2-1 lead and needed just one win in its final two singles

matches to claim the tie.

Garcia-Lopez replaced Marcel Granollers, who was tagged as Spain's top singles player for this event as the five-time Davis Cup champion was missing its four top players.

Garcia-Lopez tried to counter Raonic's power with several cross-court shots in a bid to get the world's 15th-ranked player running around the court.

But Raonic, from Thornhill, Ont., had little difficulty returning Garcia-Lopez's attempts. Canada's top singles player got off to a hot start as he opened with back-to-back aces and won the game at love with a well-placed volley in the back corner opposite Garcia-Lopez. Raonic took a 3-2 lead in the first set with another ace as he launched a 220 km/h serve past his opponent.

After coming back to break Garcia-Lopez's serve in the sixth game, the players held serve the rest of the way as Raonic took the opening set 6-3.

A first

This marks the first time that Canada has advanced to the second round of the World Group level, which is open to the top 16 countries.

- **Pre-tournament.** Canada is ranked 12th on the Davis Cup table while Spain, which lost the 2012 final to the Czech Republic, entered the weekend No. 1.

Raonic maintained his momentum in the second set and started the third set with a service break and hold to go up 2-0. Raonic proceeded to break again and was well on his way.

Serving for the match, Raonic built up a 40-15 lead and closed out the historic win with an overhead smash.

Canada will host Italy in the quarter-finals in April.

THE CANADIAN PRESS

NHL

Canadiens cap off perfect weekend vs. Senators

David Desharnais and Erik Cole scored in the first period and the Montreal Canadiens hung on for a 2-1 victory over the Ottawa Senators on Sunday afternoon.

The win completed a sweep of weekend matinees at home for Montreal (6-2-0) after a 6-1 win Saturday over the Buffalo Sabres. The Canadiens have won five straight at home, after dropping their home opener to Toronto on Jan. 19.

Jakob Silfverberg scored for Ottawa (5-3-1), which was coming off a 1-0 loss in Carolina on Friday night.

Goalie Craig Anderson has not conceded a goal after the first period in eight games this season. The Senators outshot Montreal 32-31. **THE CANADIAN PRESS**



Canadiens blue-liner Raphael Diaz hits Senators defender Andre Benoit on Sunday in Montreal. **THE CANADIAN PRESS**

NHL. Penguins recover from bad bounce to trounce Capitals in D.C.

It was a game of disputed deflections and odd bounces, with the puck behaving more like that oblong ball with the laces more commonly associated with Super Bowl Sunday. The strangest carom of all came on a simple dump-in that hit a stanchion along the glass and went into a net deserted by a befuddled goaltender.

The Pittsburgh Penguins weren't fazed by that bit of misfortune that tied the game in the second period, just as the Washington Capitals couldn't take advantage of the stroke of luck. The third annual Super Bowl warm-up between the Eastern Conference rivals soon turned into a rout, with Chris Kunitz getting a hat trick in the visitors' 6-3 victory.

"I really like our team responding to that bad bounce that happened on the wall," Pittsburgh coach Dan Bylsma said. "Now it's 2-2 — and our team responded well with the penalty kill and getting some goals."

Kris Letang, Paul Martin and Matt Cooke also scored. Sidney Crosby had three assists, and Tomas Vokoun made 21 saves against his former team for the Penguins, who have won three straight and four of five to lead the Atlantic Division.

In a game that reflected both teams' fortunes so far in

the lockout-shortened season, the Penguins had the luxury of spending the post-game talking about who actually should have received credit for their half-dozen goals.

Kunitz thought he scored four instead of three, saying he got his stick on the puck to redirect Martin's shot from the point in the first period. And Cooke was given a redirect goal on a shot from Deryk Engelland that seemed instead to hit Capitals defenceman Jeff Schultz.

"I didn't know they took the other one away from me," Kunitz said. "That's how it bounces. No one really cares around here. ... We're worried about the two points."

THE ASSOCIATED PRESS



Penguins captain Sidney Crosby, left, takes a hit from his Capitals counterpart Alex Ovechkin on Sunday in Washington. **THE ASSOCIATED PRESS**

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	9	6	3	0	30	22	12
New Jersey	8	4	1	3	20	19	11
NY Islanders	8	4	3	1	27	26	9
NY Rangers	8	4	4	0	19	22	8
Philadelphia	9	3	6	0	21	26	6

NORTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Boston	8	6	1	1	24	19	13
Montreal	8	6	2	0	26	17	12
Ottawa	9	5	3	1	25	16	11
Toronto	8	4	4	0	21	23	8
Buffalo	9	3	5	1	27	33	7

SOUTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Tampa Bay	8	6	2	0	39	21	12
Winnipeg	8	3	4	1	24	32	7
Florida	7	3	4	0	18	23	6
Carolina	8	3	5	0	20	30	6
Washington	9	2	6	1	21	33	5

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	9	7	0	2	28	20	12
St. Louis	8	6	2	0	31	19	12
Detroit	8	4	3	1	22	24	9
Nashville	8	3	2	3	14	20	9
Columbus	9	3	5	1	18	28	7

NORTHWEST DIVISION

	GP	W	L	OL	GF	GA	Pt
Vancouver	8	4	2	2	21	20	10
Edmonton	8	4	3	1	21	21	9
Minnesota	8	4	3	1	20	22	9
Colorado	8	4	4	0	19	20	8
Calgary	6	1	3	2	16	24	4

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
San Jose	8	7	0	1	30	14	15
Anaheim	7	5	1	1	27	22	11
Phoenix	9	3	4	2	27	26	8
Dallas	9	3	5	1	17	23	7
Los Angeles	7	2	3	2	16	23	6

Note: A team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OL (other loss) column.

Sunday's results

Pittsburgh 6 Washington 3
Montreal 2 Ottawa 1
Florida 4 Buffalo 3
New Jersey 3 NY Islanders 0

Saturday's results

Pittsburgh 5 New Jersey 1
Montreal 6 Buffalo 1
Colorado 3 Edmonton 1
Philadelphia 5 Carolina 3
NY Rangers 3 Tampa Bay 2
Boston 1 Toronto 0
Columbus 4 Detroit 2
Phoenix 2 Dallas 0
Chicago 3 Calgary 2 (SO)
Anaheim 7 Los Angeles 4
Nashville 2 San Jose 1 (SO)
Monday's games — All Times Eastern
Carolina at Toronto, 7 p.m.
Dallas at Colorado, 9 p.m.
Minnesota at Phoenix, 9 p.m.
Vancouver at Edmonton, 9:30 p.m.
San Jose at Anaheim, 10 p.m.
Tuesday's games
Toronto at Washington, 7 p.m.
Los Angeles at Columbus, 7 p.m.
Pittsburgh at NY Islanders, 7 p.m.
NY Rangers at New Jersey, 7 p.m.
Tampa Bay at Philadelphia, 7:30 p.m.
Calgary at Detroit, 7:30 p.m.
Buffalo at Ottawa, 7:30 p.m.
Florida at Winnipeg, 8 p.m.
Nashville at St. Louis, 8 p.m.
Chicago at San Jose, 10:30 p.m.

GOLF

PGA WASTE MANAGEMENT OPEN

At Scottsdale, Ariz.

Final round — Par 71

Phil Mickelson, \$1,116,000	60-65-64-67=256
Brandt Snedeker, \$669,600	64-66-65-65=256
Scott Piercy, \$421,600	70-66-64-61=261
Ryan Moore, \$297,600	66-66-65-65=261
Ryan Palmer, \$248,000	64-73-66-62=265
Brendon de Jonge, \$207,700	66-67-67-66=266
Brendan Steele, \$207,700	69-65-65-67=266
Bill Haas, \$207,700	65-64-70-67=266
Matt Every, \$173,600	65-67-69-66=267
Padraig Harrington, \$173,600	64-70-63-70=267
Robert Garrigus, \$136,400	66-66-69-67=268
Billy Horschel, \$136,400	69-68-64-67=268
Ben Crane, \$136,400	67-71-64-66=268
Kevin Stadler, \$136,400	68-68-69-63=268
Bubba Watson, \$111,600	67-67-71-64=269
David Hearn, \$84,165	67-65-73-65=270
Troy Matteson, \$84,165	67-65-66-72=270
Gary Woodland, \$84,165	67-66-67-70=270
Bo Van Pelt, \$84,165	68-67-71-64=270
James Hahn, \$84,165	71-67-70-62=270
Roberto Castro, \$84,165	65-68-67-70=270
Jeff Klauk, \$84,165	67-68-67-68=270

NFL

SUPER BOWL XLVII

Sunday's result

At New Orleans, La.

Baltimore 34 San Francisco 31

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
Miami	30	14	.682	—
New York	30	15	.667	1/2
Chicago	29	18	.617	2 1/2
Indiana	28	19	.596	3 1/2
Brooklyn	28	19	.596	3 1/2
Atlanta	26	20	.565	5
Milwaukee	25	21	.543	6
Boston	24	23	.511	7 1/2
Philadelphia	20	26	.435	11
Detroit	18	30	.375	14
Toronto	17	31	.354	15
Orlando	14	33	.298	17 1/2
Cleveland	14	34	.292	18
Charlotte	11	35	.239	20
Washington	11	35	.239	20

WESTERN CONFERENCE

	W	L	Pct	GB
San Antonio	38	11	.776	—
Oklahoma City	35	12	.745	2
L.A. Clippers	34	15	.694	4
Memphis	30	16	.652	6 1/2
Golden State	30	17	.638	7
Denver	30	18	.625	7 1/2
Utah	26	22	.542	11 1/2
Houston	26	23	.531	12
Portland	24	23	.511	13
L.A. Lakers	22	26	.458	15 1/2
Dallas	20	27	.426	17
Minnesota	18	26	.409	17 1/2
Sacramento	17	32	.347	21
Phoenix	16	32	.333	21 1/2
New Orleans	15	33	.313	22 1/2

Note: Division leaders ranked in top three positions regardless of winning percentage.

Sunday's results

Boston 106 L.A. Clippers 104
L.A. Lakers 98 Detroit 97

Monday's results

Chicago 93 Atlanta 76
New York 120 Sacramento 81
Cleveland 115 Oklahoma City 110
Houston 109 Charlotte 95
Minnesota 115 New Orleans 86
San Antonio 96 Washington 86
Milwaukee 107 Orlando 98
Portland 105 Utah 99
Golden State 113 Phoenix 93
Monday's games — All Times Eastern
L.A. Clippers at Washington, 7 p.m.
Orlando at Philadelphia, 7 p.m.
Chicago at Indiana, 7 p.m.
Detroit at New York, 7:30 p.m.
Charlotte at Miami, 7:30 p.m.
Dallas at Oklahoma City, 8 p.m.
Portland at Minnesota, 8 p.m.
Sacramento at Utah, 9 p.m.



BY KELLY ANN BUCHANAN

Horoscopes

Aries

March 21 - April 20
You may be a go-getting Aries but there are only so many things you can do in a day, so don't push yourself too hard. Mars, your ruler, is passing through one of the more relaxed areas of your chart. Get the message?

Taurus

April 21 - May 21
Your feelings run deep but you can't seem to find an adequate outlet for them. How frustrating! If all else fails try something physical, something that forces you to work up a sweat. Team sports, especially, will be fun.

Gemini

May 22 - June 21
You must be honest today. You must bring any bad feelings you may have towards people you work or do business with to the fore. The most important thing is that you can be truthful with one another.

Cancer

June 22 - July 23
Expect the best today and it will most likely happen. Today's cosmic climate indicates that good thoughts will lead to good things occurring—but also that bad thoughts could lead to bad things. It's your call.

Leo

July 24 - Aug. 23
Try not to allow materialistic issues to govern your life. Make a special effort to raise your sights above worldly things and you may discover something of unequalled value. There is more to life than making money.

Virgo

Aug. 24 - Sept. 23
You may be in an adventurous mood at the moment but the planets warn this is not the best time to take risks. Above all, don't let others persuade you to do things you do not feel comfortable with.

Libra

Sept. 24 - Oct. 23
Cosmic activity in one of the more sensitive areas of your chart suggests that someone does not approve of your behavior. Do you care? You should, because this person has the power to make life difficult for you. Tread carefully.

Scorpio

Oct. 24 - Nov. 22
No matter what your responsibilities may be you owe it to yourself to leave them behind and take life easy for a while. The more you rest now the more you will make a good job of your duties later on.

Sagittarius

Nov. 23 - Dec. 21
A domestic matter of some kind has to be dealt with—not tomorrow or the day after but right now. Take everyone's feelings into consideration but then make a decision—and make sure everyone follows it.

Capricorn

Dec. 22 - Jan. 20
The planets warn that no matter how much you desire a particular object once you have got it you will realize it was not what you wanted at all. You are searching for something deeper, so look inside yourself.

Aquarius

Jan. 21 - Feb. 19
You may be sociable by nature but watch out who you make friends with this coming week. Some people are genuine, of course, but others want to get close to you for financial reasons. You're not that gullible, are you?

Pisces

Feb. 20 - March 20
Mars links with your ruler Neptune in your birth sign today, which will help you to take the initiative and get everyone around you working towards the same goals. You should be this more often!

SALLY BROMPTON

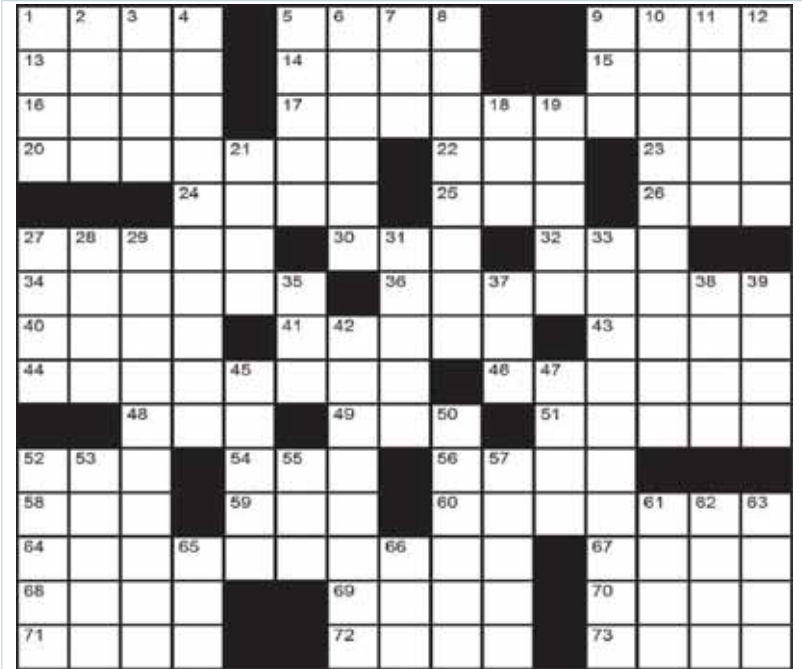
Crossword: Canada Across and Down

Across

1. Bucket-on-a-rope spot
5. Ms. Ryan of "Star Trek: Voyager"
9. Actor Omar
13. Thought
14. Panache
15. "In the Valley of ___" (2007)
16. Hitch
17. Annual frigid fun fest in Canada's capital region
20. "___ a Witness" by Marvin Gaye
22. ___ Beach, Hawaii
23. Silent
24. Heraldic border
25. "The ___ & Stimpny Show"
26. Faucet
27. Paul McCartney's nickname
30. ___ up (Absorb)
32. Comic actress Margaret
34. Shania Twain's "Honey, ___"
36. Carnaval de Quebec mascot
40. "___ conclusion..." (Speech-ending phrase)
41. "Rolling in the Deep" singer
43. Actor Mr. Julia
44. "Yellow" band
46. Not feeling well, ___
48. Steve Nash's NBA team, on scoreboards
49. Cooking art.
51. BBQ sizzler
52. Here, in Hull
54. 'Hect' add-on
56. Cain and ___
58. Do tailoring
59. Zilch
60. Toto's owner
64. RIM smartphone
67. "This is fun!"
68. Pleasant
69. Blind, as per falconry
70. Ms. Bombeck
71. ___ Fifth Avenue (Posh store)
72. Mailing request, commonly
73. Canadian rock band

Down

1. Milwaukee, ___
2. "The Dame ___ Experience"
3. Trim

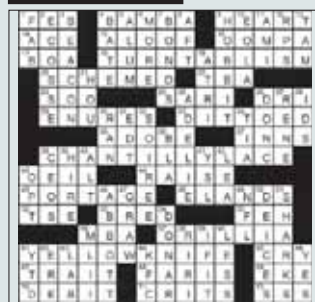


4. Da Vinci's Mona Lisa, as it's also known: 2 wds.
5. "You Were Meant for Me" songstress
6. Privileged classes
7. Campaigned
8. Worldwide police liaison organization
9. Moray, for one
10. Roma in the Produce Department: 2 wds.
11. The Taming of the Shrew setting
12. Moe and Curly's 'Stooges' brother
18. She sheep

19. Rustic spread in Alberta
21. 'Tele' suffix
27. Catchall category [abbr.]
28. Farm song bit: "Here ___, there..."
29. "My Girl (Gone, Gone, Gone)" band
31. Does what Simon says
33. Horatio ___ (Naval Officer in C.S. Forester stories)
35. 'Ether' suffix
37. 'Bru' add-on (Sultanate on Borneo)
38. Subatomic particle
39. Actress Ms. Sommer
42. At a table-for-one on Valen-

- time's Day
45. Pirate ship board
47. 'Trick' suffix
50. San Diego baseball team
52. Literary IDs
53. Salsa singer Ms. Cruz
55. Poke fun at
57. Scottish singer Susan
61. Drive-___
62. Pants parts
63. "Yup."
65. These: French
66. Stephen of "The Crying Game" (1992)

Friday's Crossword

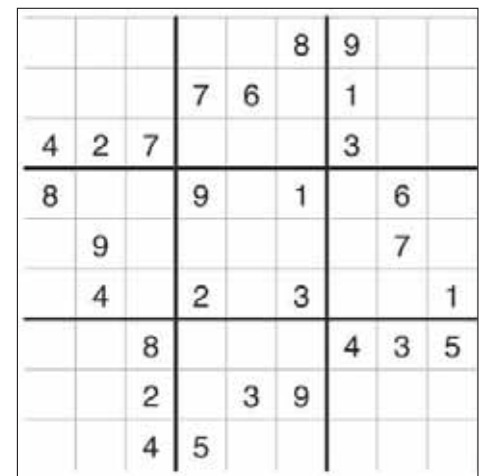


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



Today

-1°/-12°

Flurries

40%

Tuesday

-6°/-14°

Partly cloudy

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UP TO 84 MONTHS

+

\$0

DOWN
PAYMENT

ON SELECT MODELS

**2 DAYS
ONLY** GET
FEBRUARY 8+9

FREE
WINTER TIRE PKG.

<< **OR** >>

**7 YEAR
WARRANTY**

120,000 KM
COMPREHENSIVE LIMITED WARRANTY*

**WITH EVERY
PURCHASE**
OF IN-STOCK
ACCENT OR
ELANTRA



GLS model shown

2013 ACCENT

OWN IT FOR
\$77
BI-WEEKLY

WITH
\$0
DOWN PAYMENT



FREE
WINTER
TIRE PKG.

OR FREE 7 *
YEAR
WARRANTY



2012 AJAC BEST NEW
SMALL CAR (UNDER \$21K)



Limited model shown

2013 ELANTRA

OWN IT FOR
\$88
BI-WEEKLY

WITH
\$0
DOWN PAYMENT



FREE
WINTER
TIRE PKG.

OR FREE 7 *
YEAR
WARRANTY



2012 CANADIAN & NORTH AMERICAN
CAR OF THE YEAR



SE with Tech. shown

2013 ELANTRA GT

OWN IT FOR
\$99
BI-WEEKLY

WITH
\$0
DOWN PAYMENT



FREE
WINTER
TIRE PKG.

OR FREE 7 *
YEAR
WARRANTY



2013 AJAC BEST NEW
SMALL CAR (OVER \$21K)



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